

	LUNES					MARTES					MIÉRCOLES					JUEVES					VIERNES					SÁB	DOM	
	S.FUNCIONAL	SALA CICLO	SALA BOXEO	S. FITNESS	SALA ZEN	S.FUNCIONAL	SALA CICLO	SALA BOXEO	S. FITNESS	SALA ZEN	S.FUNCIONAL	SALA CICLO	SALA BOXEO	S. FITNESS	SALA ZEN	S.FUNCIONAL	SALA CICLO	SALA BOXEO	S. FITNESS	SALA ZEN	S.FUNCIONAL	SALA CICLO	SALA BOXEO	S. FITNESS	SALA ZEN	VARIAS SALAS	VARIAS SALAS	
07.15h	TRX 7.15 h					HIIT 7.15 h						SPRINTER 07.15 h				WEIGHT STRONG 7.15 h						BODYPUMP 07.15 h						
08.00h												WORK OUT 07.45 h										CORE 25' 08.00 h						
08.30h	/																											
09.30h	GAP 25' 09.30 h					X-CORE 09.30 h					SPRINTER 09.30 h					X-CORE 09.30 h					TRX 25' 09.30 h							
10.00h		CICLO 10.00 h			YOGA 10.00 h	BODYCOMBAT 10.00 h				GINNASIA MANT 10.00 h	BODYPUMP 10.00 h				PILATES 10.00 h	SPRINTER 10.00 h					BODYBALANCE 10.00 h	ZUMBA DANCE 10.00 h	CICLO 10.00 h					
11.00h	WORK OUT 11.00 h				PILATES 11.00 h	STRETCH.25' 11.00 h					WORK OUT 11.00 h					WORK OUT 10.30 h					YOGA 11.00 h				PILATES 11.00 h			
12.00h																										HIIT 11.30 h	AD 11.30 h	
12.30h	CORE 25' 12.30 h					GAP 25' 12.30 h					CORE 25' 12.30 h					STRETCH.25' 12.30 h					CORE 25' 12.30 h							
13.00h	/																											
13.45h	X CORE 13.45 h					GAP 25' 13.45 h					X CORE 13.45 h					GAP 25' 13.45 h					CORE 25' 13.45 h							
14.15h	ZUMBA DANCE 14.15 h	SPRINTER 14.15 h		TABATA 14.15 h		BODYPUMP 14.15 h	CICLO 14.15 h				HIIT 14.15 h	CICLO 14.15 h			BODYBALANCE 14.15 h	BODYCOMBAT 14.15 h	CICLO 14.15 h		TABATA 14.15 h			BODYPUMP 14.15 h		YOGA 14.15 h				
15.00h	/																											
15.30h	TRX 25' 15.30 h										CORE 25' 15.30 h											CORE 25' 15.30 h						
16.30h	/																											
16.30h	BODYPUMP 16.30 h					HIIT 16.30 h					BODYPUMP 16.30 h					BODY 360° 16.30 h					BODYCOMBAT 16.30 h							
17.00h	GAP 17.30 h					BODY 360° 17.30 h		WELLNESS KIDS 17.30 h			HIIT 17.30 h					BODYPUMP 17.30 h			WELLNESS KIDS 17.30 h			CORE 25' 17.30 h						
17.30h	ZUMBA DANCE 18.00 h	SPRINTER 18.30 h			PILATES 18.00 h	WORK OUT 18.30 h	SPRINTER 18.30 h			YOGA 18.00 h		CICLO 18.30 h			PILATES 18.00 h	BOOT CAMP 18.30 h			WELLNESS KIDS 18.00 h		BODYBALANCE 18.00 h	SPRINTER 18.00 h		BOXEO 20.00 h		WELLNESS KIDS 18.30 h		
18.00h											BODYPUMP 18.30 h	CICLO 18.30 h										BODYPUMP 18.30 h						
18.30h																												
19.00h	BODYPUMP 19.00 h	CICLO 19.00 h			WELLNESS KIDS 19.00 h	ZUMBA DANCE 19.00 h	CICLO 19.00 h	RUNNING 19.00 h		TABATA 19.30 h	KÁRATE 19.00 h				WELLNESS KIDS 19.00 h						KÁRATE 19.00 h		ZUMBA DANCE 19.30 h	CICLO 19.30 h				
19.30h																												
20.00h	BODYCOMBAT 20.00 h	SPRINTER 20.00 h	BOXEO 20.00 h		PILATES 20.00 h	TRX 25' 20.00 h	CICLO 20.00 h			KÁRATE 20.00 h						GAP 25' 20.00 h					KÁRATE 20.00 h		CICLO 19.30 h	CICLO 19.30 h		YOGA 19.30 h		
20.30h											BODYPUMP 19.30 h	CICLO 19.30 h			BOXEO 20.00 h													
21.00h	HIIT 21.00 h					BODYPUMP 20.30 h					BODYPUMP 20.30 h	SPRINTER 20.30 h			WORK OUT 20.30 h	YOGA 20.30 h					TABATA 21.00 h							
21.30h																												
22.00h																												
22.30h																												

* Las clases de 25' (recuadros azules) son dinámicas en sala.
 * No olvides echarle un vistazo a las recomendaciones que te ofrece MyBody.
 * Las normas del centro son de obligado cumplimiento.
 * Si tienes alguna duda, por favor, consulta a tu entrenador.